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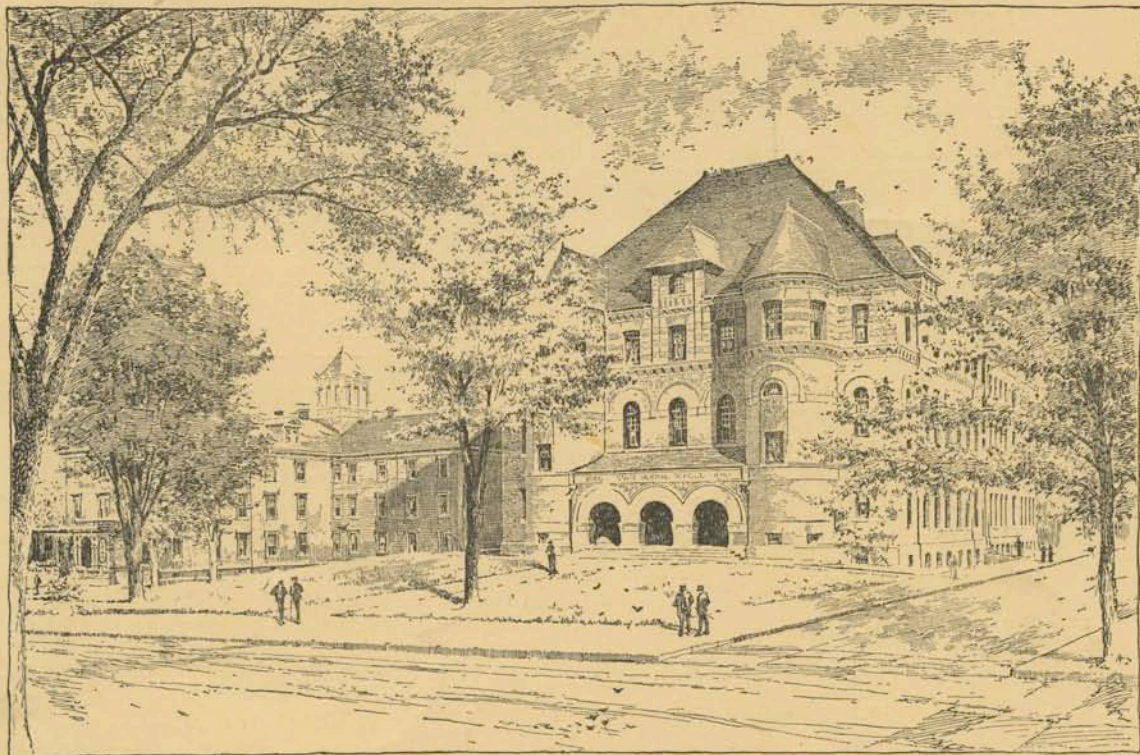


NORMAL OFFERING



A SCHOOL

MONTHLY



APRIL 1893

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NORMAL OFFERING

Vol. XIII.

State Normal School, Bridgewater, Mass., April, 1893.

No. 3.

CERTUM PETE FINEM.

The Normal Offering.

Published monthly during the School Year, by the Lyceum of the
Bridgewater State Normal School.

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THE absence of our drawing teacher, which has been caused by the death of her father at his home in Springfield, has been very much felt by the school; and the OFFERING, on behalf of the school, extends sympathy to Miss Perry in her present sorrow.

THE great interest that is shown in the question of man and his relation to creation is well illustrated by the crowds that are turned away from the lectures of Prof. Henry Drummond on evolution in Boston. Although we are not able to hear them directly it will pay us to read them as they are given in newspapers.

IF our readers would make their criticisms known to the Editorial Board it would help us very much in our endeavors to better the paper. Criticism is, generally speaking, apt to be very free, and from those sources where the least is done to help support the paper. We hear criticisms indirectly and they may be just but it is pleasanter to get them direct. Give us all the criticism you can but give us something with which we may work.

WE hear the remark from outside that the OFFERING should be made up only of material from the school, and with this we all agree. But how much is done to carry out this idea? With this issue, which is the third of the present Editorial Board, there has been received only four voluntary contributions from members of the school. If it was not for friends and the interest of some of our teachers we think it would be impossible to publish it as a school paper. It seems as though two hundred and forty scholars could

write enough to support a first class paper of ten pages. There is no question in our mind but what it could be done, if every one would give about three hours of his time during the term, to write a short article for the paper. We are bound down for want of more material to choose from.

* * *

OF all things that we need in starting out on our life's work no one is so important as determination. Having thoughts of our own, we should stand by them until we are convinced that we are wrong or that there are better views than ours. From the beginning we must have definite ends for which to strive. We must choose one thing and make all other events, means for accomplishing that for which we have planned. Whatever we undertake there are those who will tell us that we are unfit for that particular occupation; "but heed them not; whatever employment we follow with perseverance and assiduity, will be found fit for us; it will be our support in youth, and comfort in age. To know one profession only, is enough for one man; and this whatever may be said to the contrary, is soon learned. Be content therefore with one good employment; for if you undertake two at a time, people will give you business in neither."

We must not try to please everybody. Do what we can for others as our inner nature leads us and not as the world would have us do. There is no obstruction so serious to the full development of personality as to "endeavor to please all, comply with every request, and attempt to suit ourselves to every company; have no will of our own, but, like wax, catch every contiguous impression. By thus attempting to give universal satisfaction we at last find ourselves miserably disappointed." Our lives will be successful so far as we make the most of ourselves and by our individualities reach and influence the lives of others.

LYCEUM.

ONE of our most interesting Lyceums at which seventy members answered the roll call, occurred March 17. A deep interest was shown in the meeting. A movement had previously been made to change the form of the Lyceum to that of a Congress. As soon as the sub-

ject was brought forward, an intensely interesting discussion took place. The *pros* and *cons* of the case were clearly defined, but no action was taken.

The following musical program was then enjoyed by all as was shown by the hearty applause.

Violin Solo,	Miss Doten
Solo,	Miss Souther
Piano Solo,	Mr. Ellis

The debate was upon, Resolved, That the study of Latin should be compulsory in High Schools. Messrs. Allen and Carroll were the affirmative disputants, and Messrs. Fitzpatrick and Copeland the negative. The question was adopted, the vote standing twenty-one to fifty-one.

A remarkable feature of this evening was that fourteen spoke in general debate, and of these fourteen, eight were young ladies.

The Lyceum regularly occurring March 31, was indefinitely postponed in order that the concert for the benefit of the Normal Athletic Association could be given that evening.

Questions for debate:—

The Kindergarten should be made a part of the public schools.

The United States government should take charge of the public schools in all the states.

Despotism is the best form of government for an ignorant people.

VEGETABLE DIET.

WE are all too apt to take things as a matter of course, especially many of the physiological processes. We constantly abuse our organs and perhaps most of all that patient, long-suffering servant, the stomach.

You have all seen a well-appointed manufactory: and, in going over it, have noted with a sense of fitness the cleanliness, the conveniences, the good work turned out, and the serviceable material used. The progressive manufacturer has found by experience that good conditions for work bring good results, and lays his plans accordingly. The stomach is a workshop on a small scale. And, as a general rule, its owner is blind to his own interests: he expects great profits from ill-chosen material, the best blood-supply from the least nutritive elements.

We know that manufacturers often form leagues and hold conventions, compare notes about raw material and its products. The owners of Nature's workshops are doing very nearly the same thing. Those who approve of one source of nutriment band together, compare results, and try to convince those who make another choice: while these latter, sure that their own way is the only right one, in their turn form offensive and defensive alliances. In all there are three theories advanced, namely: (1) Vegetarianism, proper. (2) Vegetarianism, so called, and (3) Mixed Diet,—which we will proceed to consider in the order named.

Prefatory to this consideration:—it has been found by experiment that proper food should contain three principles, the albuminous, saccharine and oleaginous. The albuminous is found in animal tissue and in some vegetables, particularly the grains: the saccharine element occurs in all fruits, some vegetables, and milk: the oleaginous in vegetable and animal tissue,—especially in the latter.

It seems scarcely possible that any person should have the effrontery to limit another's diet by eliminating either the vegetable or animal element. As Sir Henry Thompson says: "When we consider how varied are the races of man, and how dissimilar are the climatic conditions which affect him, and how in each climate the occupations, the surrounding circumstances, and even the individual peculiarities of the inhabitants, largely differ, we shall be constrained to admit that any one of *all* the sources of food hitherto known, may be made available, may in its turn become *desirable*, and even *ESSENTIAL* to life." Yet Vegetarians leave these considerations out entirely, and limit food to vegetable matter. (Of course I speak now of Vegetarians proper.)

They contend that there is enough of the three principles already named found in the vegetable kingdom to sustain life. And in this they are partially right. In the torrid climate exclusive vegetable diet is without doubt desirable. Farther north, more warmth is needed to resist cold winters and it seems that the want of the greater amount of albumen and oil found in the animal kingdom will be felt. To gain the same amount of nitrogenous matter one must eat much more

vegetable than animal tissue in proportion, the stomach will be overloaded—*must* be overloaded,—to obtain necessary nutriment. We are told that meat gives the stomach and intestines and liver too much to do, that there is a great amount of waste formed which cannot be thrown out of the system:—this, of course, happens if the diet is exclusively meat. But who does, or ever will make an exclusive use of meat, unless it be the Esquimaux in a country where the climate is so severe that vegetarianism is not practicable?

Further, we are told that the nature of food affects the human flesh, that meat makes us coarse-fibred, rough-grained, and influences the moral nature and the passions. Holmes says that "he can never stray among the village people of our windy cape without now and then coming upon a human being who looks as if he had been split, salted and dried,—like the salt-fish which has built up his arid organism." And Frances Ridley Havergal declares with charming directness, "Eat pork and be a pig." Yet if one is to resemble what he eats, possibly it would be as well to have the characteristics of a beef-creature as of a turnip or a potato: and I have heard of people who felt insulted at being called "cabbage-headed."

The body must be to a degree gross: all flesh is that: we are of the earth earthy: if all be refined away, in course of time the race will perish. According to Darwin life is a struggle for existence, in which the strongest wins: then the vegetable-eating will give place to the flesh-eating.

Vegetarians present for your inspection their bright and shining light, Luigi Conaro, who subsisted for forty-eight years on twelve ounces per day of vegetable matter and fourteen ounces of light wine, leading at the time a quiet life. I would ask you to look at a nation whose soldiery have for years been known as "beef-eaters"—England. For unexampled personal bravery, for unequalled moral courage, and for pure unsurpassed patriotism and self-forgetfulness, think of the Charge of the Light Brigade! Can any vegetarian class boast such valor? The echo of that charge will be heard long after the name of Luigi Conaro has sunk into oblivion.

In addition, vegetarians point out the long life they enjoy, some of them living to over a hundred years in tolerable health, provided their lives are

quiet. They exult in this long lease of life, forgetful in their zeal that it is generally considered better to wear out than to rust out; and that the average man of ninety or a hundred is at best a nonentity.

Then these vegetarians uphold an excessive use of fruit. Fruit is a very good thing in its place and should be an important article in our bill of fare: but in trying to prove apples a panacea for all the ills to which flesh is heir, one naturally becomes entangled in the meshes of one's own argument. For instance,—in a paper devoted to Vegetarianism, we are told that apples are a sure cure for the gout, there is nothing like them, hence people afflicted should eat many: and a few months later the same paper tells us that it is extremely dangerous to suppress attacks of gout, since gout acts as a safety-valve in certain unhealthy conditions of the body.

But in considering Vegetarianism, we must devote a little space to *vegetarians-so-called*. This class get nicely around their use of butter, eggs and milk,—“concentrated forms” of animal food—by calling them “animal products”—a skillful evasion. Just wherein the difference between an animal food and an animal product lies is hardly quite clear to one not devoted to the “ism”: but the line, I believe, is drawn at animal flesh,—at destroying life to sustain life. They certainly have more right on their side than the vegetarians-proper, who forget that nature provides one animal product for the young of a species, so that animal products are its natural food: and that it would be death to an infant to put it upon a diet of vegetables. This diet, vegetarianism-so-called is the safer of the two.

But it seems to me that a mixed diet, where it is obtainable, is much the best. In the first place a man's teeth show that he lies midway between the Carnivora with their long, pointed teeth and the Herbivora with their broad, rough ones. Besides, while the lion's jaws move up and down and the cow's laterally, man is enabled to use his in both ways, showing that he is by nature fitted for a variety of foods.

There is no question about diet in the Arctic regions—I repeat what I have said before:—vegetables do not grow there and cannot be had by a majority of the inhabitants.

People in general must learn to govern their stomachs, cultivating, as one writer says, “the perfect development of the art of adapting food of any and every kind to the needs of the body, according to the very varied circumstances of the individual, at different ages, with different forms of activity, with different inherent personal peculiarities, and with different environments.” The nervous person needs unstimulating diet, the phlegmatic, stimulating, and so on *ad infinitum*.

I take it that the less a man worries about his stomach and what he puts into it, the better off he is: and that the most favorable conditions are those which enable a man to entirely ignore the fact that he has a stomach until his attention is called to it. Eat regularly a moderate amount of nutritious food adapted to your needs and your workshop will be very profitable; but go beyond that boundary, and look out for strikes. “Beware of the wrath of a patient stomach!” H. S. H.

BASEBALL BENEFIT.

THE Normal Athletic Association held its concert as advertised on March 31. A large and enthusiastic audience was favored with a pleasing program. Seldom has the school had an opportunity to hear such an entertaining concert; the numbers, vocal and instrumental, being highly appreciated.

Among those who took part were Miss Edith L. Monroe, Miss Lena B. Blaikie and Mr. Carl E. Merrill who came as old friends and were given a hearty greeting.

Mr. Merrill's reception was most cordial and he rewarded his friends with several cornet selections that will remain long in the memories of his hearers.

Miss Monroe is well known here and sustained her high reputation in her contralto solos.

Miss Genie C. Fuller of Topsfield who sang several soprano solos captured her audience by the artistic excellence and true feeling shown. We hope we may hear her again.

Mr. George Bass pleased his many friends in his rendition of The Magnolia Serenade and also his request number.

Mr. Howard enlivened the evening with his character impersonations and his crayon sketches

received the entire attention and hearty applause of the audience.

We think the Association deserves praise for the manner in which the concert was conducted.

It is very probable that another concert of a like character will be given May 5 under the auspices of the Normal Orchestra and everything will be done to make it a success.

DO YOU LOVE YOUR WORK?

A mother loves her children as her own life. It is against the law that she turn them out of doors, or kill them, or maltreat them in any way. Does she feel the restraint of these laws? Do they lessen her liberty to any extent? By no means. Her love is her law.

It is a mother's duty to care for her children's clothing and person, to nurse in time of sickness, to sympathize in trouble, to teach them truth and honor. But she does not think of all these different obligations as a duty that must be done for the comfort of her conscience. She loves to perform these offices and considers it a sacred liberty. Though she work hard all the time and be called by her neighbors, a slave to her children, she has not the feeling of bondage belonging to a slave but rejoices in her perfect liberty to do what she loves to do. Love makes her labor light.

Rules and laws are necessary even in a school like the Bridgewater Normal. A few here feel the restraint of the rules. Others feel it their duty to observe every one and are slaves to them for conscience's sake. And some I hope think so much more of their work, and love to do what is for their advantage, that they obey the rules unconsciously, thinking it their own wish. The latter are more likely to enjoy teaching and get more benefit from their work.

If we cannot love our work we may as well seek some employment that we can learn to love. Many prominent business men, we may be sure, were boys who had to learn to love their work before they made a success of it. We may do likewise.

H. E. R.

There is a relation to be observed between the words and the mouth that pronounces them.

Brugere.

SELECTIONS FROM BRYANT.

* * * * *

I roam the woods that crown
The upland, where the mingled splendors glow,
Where the gay company of trees look down
On the green fields below.

My steps are not alone
In these bright walks; the sweet south-west, at play,
Flies, rustling, where the painted leaves are strown
Along the winding way.

And far in heaven, the while,
The sun, that sends that gale to wander here,
Pours out on the fair earth his quiet smile,—
The sweetest of the year.

Where now the solemn shade,
Verdure and gloom where many branches meet;
So grateful, when the noon of summer made
The valleys sick with heat?

Let in through all the trees
Come the strange rays; the forest depths are bright,
Their sunny-colored foliage, in the breeze,
Twinkles, like beams of light.

The rivulet, late unseen,
Where bickering through the shrubs its waters ran,
Shines with the image of its golden screen,
And glimmerings of the sun.

* * * * *

Ah! 'twere a lot too blessed
Forever in thy colored shades to stray;
Amid the kisses of the soft south-west
To rove and dream for aye.

And leave the vain, low strife
That makes men mad—the tug for wealth and power,
The passions and the cares that wither life,
And waste its little hour.

Thou hast not left
Thyself without a witness, in these shades,
Of thy perfections. Grandeur, strength and grace
Are here to speak of thee. This mighty oak—
By whose immovable stem I stand and seem
Almost annihilated—not a prince,
In all that proud old world beyond the deep,
E'er wore his crown as loftily as he
Wears the green coronal of leaves with which
Thy hand has graced him. Nestled at his root
Is beauty such as blooms not in the glare
Of the broad sun. That delicate forest flower,
With scented breath, and look so like a smile,
Seems, as it issues from the shapeless mould,
An emanation of the indwelling Life,
An invisible token of the upholding Love,
That are the soul of this wide universe.

"OUR BLESSINGS BRIGHTEN AS THEY
TAKE THEIR FLIGHT."

"Here hath been dawning another blue day;
Think, wilt thou let it slip useless away?"

How few of us realize the value of the blessings we receive until they are taken away from us! Every day, we receive a greater number of blessings than we can have any conception of. Let us think for a moment of some which we all enjoy.

The mere privilege of living in such a beautiful world as ours, is something to be thankful for. There is beauty everywhere, if we only have eyes to see it, in the dull gray of a cloudy morning in winter, as well as in the beautiful coloring of the brightest day in summer. How much more enjoyment a person has, who observes and studies nature, than one who never gives a thought to it. For he who does study and understand her, feels with Bryant, that—

"For his gayer hours
She has a voice of gladness, and a smile
And eloquence of beauty; and she glides
Into his darker musings with a mild
And healing sympathy, that steals away
Their sharpness, ere he is aware."

We all enjoy in a greater or less degree health. Yet who would think of considering anything so common-place as health, a blessing? Why, you say, it is no more than our right to have this, at least. Doubtless; but the poor invalid, who never passes a single day without suffering, realizes its value, and so do we, when we are stricken down with disease.

There is nothing so much desired by those who do not possess it, and yet so little appreciated by the wealthy, as the value of money. A person, who has always been surrounded with all the comforts and luxuries that money can buy, never considers his wealth a blessing, until he loses it. It is then and then only that he realizes what his money was giving him.

I have said that we all desire wealth. But is it, after all, wealth or the attainment of any other one thing which we earnestly long for, that gives us real happiness? No; it is the consciousness of having done our duty, and the feeling that we have helped some one else, be it ever so little, that gives us real pleasure. "Today is the golden chance wherewith to snatch thought's blessed fruition, the joy of the present, the hope of the future."

A TRIP TO CONCORD.

IT was a perfect day in early September when we embarked from the Fitchburg station for an hour's journey to Concord.

Having decided to explore the place for ourselves, with the aid of the Concord Guide Book, we sauntered up the pleasant village street, shaded on either side by tall, graceful elms.

The excessive quiet of the place was at first oppressive. No sounds but the occasional chirp of a bird and the hum of insects greeted our ears. Where were the inhabitants? On Main Street we came upon a group of boys spinning top, and we breathed a sigh of relief. Yet they were Concord children—quiet and courteous, as we found upon asking them several questions. Their skill in giving clear directions proved them accustomed to guiding tourists. We passed down the broad street with its large, comfortable-looking homes surrounded by generous lawns and reached the little village. No turmoil of barking dogs, crying children or hurrying humanity greeted us. Even the wagons had a subdued rattle. We felt that this was indeed Concord.

The first point of historic interest that we noticed was Wright Tavern, in which Major Pitcairn, on the morning of the battle, stirred his grog with his bloody finger, swearing that thus would he stir the rebels' blood before night.

Across the street from the tavern is the old burying-ground, on the slopes and summit of a small, steep hill. Following the foot-path through the tall grass, we came to the graves of Emerson's grandfather, the Rev. Wm. Emerson, who was slain in the battle, and Maj. Buttrick, who led the American forces on that occasion. As we lingered thoughtfully by the graves, a wood-pewee sent forth its tremulous, plaintive note. We left before this requiem of Nature's was finished, and passed down the Lexington Road, which, like all the other streets, is lined with old American elms.

About a quarter of a mile from the village, stands the home of Emerson,—a large, square, old-fashioned house, of shining whiteness, approached by a walk of white marble flagging, with entrance-gate standing hospitably open.

A little farther down the street is "Wayside," the home of Hawthorne. The dark brown house,

with the densely wooded hill of pines at the side and back, forms a sombre but interesting picture. The quiet of the village here becomes silence, and nothing is heard but the sighing of the wind through the shadowy pines. Dark, mysterious, eerie,—in perfect harmony with the character of its owner.

Next to "Wayside" is the "Orchard House," where our beloved Miss Alcott lived for twenty years. Beside the house is the little chapel where A. Bronson Alcott and the other transcendentalists held their "School of Philosophy."

Returning to the village we dined at the Thoreau House, a fine building, pleasantly situated. Perhaps it is well here to note that Thoreau's towns-people invariably pronounce his name "*thorough*."

We next proceeded down Monument Street to the battle-ground. A lane bordered with tall pines slopes to the river. On this side is a granite shaft marking the spot where the first of the enemy fell. On the left a portion of the stone wall is chained off, and one of the stones bears the simple inscription, "Graves of British Soldiers." A monument calls us over the river. Out of the shadow of the pines we cross into the open sunlight, where the strong young minute-man stands, one foot advanced, the right hand grasping his gun, the other resting on his plough. The breeze has blown his soft hat up on one side, and heightens the expression of earnest manliness. This noble statue was designed by a young sculptor of Concord, Daniel Chester French. On the pedestal is engraved the first stanza of Emerson's poem,—"*By the rude bridge*" etc. Thus we see that Concord gave her best not only for the battle itself, but also for its immortal commemoration.

The last place we visited was Sleepy Hollow Cemetery. Topographically it is a curious spot, being, in miniature, a valley encircled by a chain of mountains. All of Concord's celebrities rest on one of these little hills. Taking "Ridge Path" the first grave we notice is that of Hawthorne, surrounded by a dense hedge of *arbor vitæ*. Just across the path lie Thoreau and his brother. Beside theirs is the Alcott's lot, where father, mother and three children are buried. The headstones are not more than eight inches square, and bear simply the initials and date. A little farther over

is a huge boulder of quartz, bearing no inscription, wholly uncut and unpolished. It marks the grave of Emerson. Simple, grand, untouched by the world,—could any monument be more appropriate or eloquent.

The day was fast waning, and we were obliged to retrace our steps. Reluctantly we departed from the place so full of interest, which we New Englanders unfeelingly call "Concord." If we could hear oftener the refreshing sound of its correct pronunciation, as given by strangers, we would soon tolerate nothing but "Concord"—pure and simple.

E. M.

SHAW UNIVERSITY, RALEIGH, N. C.

TRAVELERS from the North, who pass through the Southern States often carry back diverse, and opposite reports concerning the condition of the colored people. One, seeing the better class only and the schools provided for them, gives very favorable accounts of their progress. Another, seeing only narrow sections in the more Southern States, declares that the colored race is surely deteriorating, and fast passing into savagery. Of course, ignorance, vice and idleness are abundant among the older colored people; but better ideas are getting into the minds of their children from the schools, and these ideas are slowly but surely leavening the whole lump. Some of the more enterprising of this new generation have gone North and obtained employment and higher wages, and these people by their home visits and their wages, are bringing new life and activity into their old home circles.

It seems to me it is through the schools, both industrial and educational, the colored people are to be aided and regenerated. The influences emanating from many schools already planted are very good and effective; and even the more intelligent Southerners are discerning it, and heartily recognize it.

It has been my privilege to visit several schools during my present journey in the South land. The first one was at Richmond, Va., and has in attendance over five hundred white pupils, varying in age from five to twelve years. In passing through the several departments of this school I observed

the excellent discipline, and the prompt and accurate answers by the pupils. In one of the rooms which have not been changed much since occupied as a dwelling, I saw a framed picture of the building and the school, and underneath it this inscription,—

THE CENTRAL SCHOOL.

The Former Home of Hon. Jefferson Davis.

In another room upon the blackboard was this verse,—

Dare to do right, Dare to be true,
Not other's failures will ever save you;
Stand by your conscience, your life and your faith
Dare to be true, and be brave unto death.

From Richmond I went to Raleigh, N. Carolina and to the colored school well known throughout the South as Shaw University. From all I have been able to learn about this school in N. C. and the adjoining States, it stands preëminently above any other colored institution in the South. The school was founded twenty-seven years ago by its present President, Rev. H. M. Tupper, D. D., and has five large, handsome brick and three frame buildings.

The work of Dr. T. and his wife in founding and bringing this school up to its present high standing, forms a chapter in the history of modern missions of great interest. The highest type of Christianity has been shown by the perseverance, patience and faith of its founders, while laboring against the bitterest opposition, with uncultured minds, and scanty means. Yet all the best people of Raleigh place a high estimate to-day upon the work done at this school, and upon the services of its self-denying founders. Shaw University gives instruction in Natural Sciences, Mathematics, Latin, Greek and Rhetoric; it has also its regular professional schools, Theological, Normal, Legal and Medical. The medical school has a hospital attached, and is surely a success. Students are in this department from all over our country, South America and Africa, and its lecturers are the best physicians of Raleigh. The law school is now in operation and is sending out successful applicants for admission to the bar. There are now more than one hundred young men in the medical and legal departments; but the normal which includes both sexes, has more than either one, or all the others.

Some who are studying for one of the other professions are taking a normal course, that they may teach and earn some money to enable them to go on with their chosen professional studies. One of the prime objects of this school is to teach self-support and self-respect and each student is required to pay something for his instruction as well as for his board.

The work at this University is on the broad gauge plan and furnishes instruction in the industrial arts. The young women are taught sewing, dressmaking, housekeeping in its various departments and the care of rooms. The young men are instructed in carpentry, cabinet-making, blacksmithing, typesetting and printing, and the proper use and care of tools. Suitable buildings have been erected for these departments, and additional machinery is being put in as fast as means will allow.

If people from the North when traveling to the South land would arrange their route by way of Raleigh, stop for a day or two and observe the work of the University, with its nearly four hundred students, they would learn more of what is being done by our Missions for the colored race at the South than by any amount of reading on the subject.

L.

Southern Pines, N. C. Mar. 15, '93.

GEMS OF THOUGHT.

Truth is absolute. It is obligatory under all circumstances and in all relations. *Dr. Kitts.*

He that feeds men serveth few;
He serves all who dares be true.

Emerson.

Every man, however wise, requires the advice of some sagacious friend in the affairs of life.

Plautus.

True wisdom is to know what is best worth knowing, and to do what is best worth doing.

H. Humphrey.

Patience and strength are what we need; an earnest use of what we have now, and all the time an earnest discontent until we come to what we ought to be. *Brooks.*

Find your purpose and fling yourself out to it; and the loftier your purpose is, the more sure you will be to make the world richer with every enrichment of yourself. *Brooks.*

If there is one virtue that should be cultivated more than another by him who would succeed in life, it is punctuality. If there is one error that should be avoided, it is being behind time.

The aim of all intellectual training for the mass of people should be to cultivate common sense.

Remember now and always that life is no idle dream, but a solemn reality, based upon eternity, and encompassed by eternity. Find out your task, stand to it, the night cometh when no man can work. *T. Carlyle.*

According to Ruskin, an educated man ought to know these things: First, where he is—that is to say, what sort of a world he has got into, how large it is, what kind of creatures live in it, how and what it is made of, and what may be made of it. Secondly, where he is going—that is to say, what chances or reports there are of any other world besides this—what seems to be the nature of that other world. Thirdly, what he had best do in the circumstances—that is to say, what kind of faculties he possesses, what are the present state and wants of mankind, what is his place in society, and what are the readiest means in his power of attaining happiness and diffusing it. The man who knows these things, and who has his will so subdued in the learning of them that he is ready to do what he knows he ought, is an educated man; and the man who knows them not is uneducated, though he could talk all the tongues of Babel.

EXCHANGES.

Right feelings in the heart push out the wrong, just as the bud in the spring pushes off the old needles of the pine. *The Academy.*

Based deep in the laws of simplicity and truth is the source of cherished results—true happiness. *The Bema.*

Don't worry over what you can't help, because you can't help it, and to worry over it doesn't help you; besides, it injures you, and makes you in the future less able to do for yourself or others. *Argus.*

You will find as you look back upon your life that the moments that stand out, the moments when you have really lived, are the moments when you have done something in a spirit of love. *Argus.*

To reform the world and empty the prisons a convict philosopher says "there is only one way, and that is to catch the children, all of them, and bring them up to honest, industrious, intelligent lives." *Lyman School Enterprise.*

Altruism is a virtue, not a gift of nature or condition, but the growth and manifestation of the soul's moral power. It is the soul determining itself to break every chain of selfishness; to enlarge and invigorate the kind affections; to identify itself with other beings; to sympathize, not with a few, but with all the living, rational children of God; to honor other's worth; to increase and enjoy their happiness; to partake in the universal goodness of the Divine Creator, and to put down within itself every motion of pride, anger or desire inconsistent with pure charity. *Channing in Vi-dette.*

TO ACCUMULATE A LIBRARY.

1. Set apart a regular weekly or monthly sum for books, and spend it for books.
2. Devote a portion of your money to books of reference.
3. Never purchase a worthless book, nor a poor edition.
4. Buy the best. Plutarch said: "We ought to regard books as we do sweetmeats, not wholly to aim at the pleasantest, but chiefly to respect the wholesomest."
5. Where there is a choice buy small books rather than large ones.
6. Do not buy too many books of one class.
7. Do not buy sets of an author until you have a fair library and plenty of money.
8. Take one monthly magazine and one or two weekly papers.
9. Make a catalogue of your books.
10. Write your name, date of purchase, and price in each book.
11. Have a note-book in which to put all particulars in reference to loans.
12. Read what you buy and buy only what you read. *The Cadet.*

Exchanges received: *Central College Gem. Newton High School Review. The Rugbians. The Cadet, Denver, Col. Academy Monthly. The Academy. The Ægis. The Index. The Helios. The Sunbeam. Old Hughes.*

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BASEBALL SCHEDULE FOR 1893.

- May 6. Boston Latin School.
- May 13.
- May 20. Field Day.
- May 27. Cambridge High School.
- May 30. Newton.
- June 3. Somerville High School.
- June 10. Crescents, Newton.
- June 17. Alumni.
- June 24. Class '96, Boston College.

PERSONALS.

—'93. Miss Nealy is teaching in Raynham, Mass.

—Miss Burgess, a graduate of Wellesley College is taking a special course here.

—'88. Miss H. Jennie Kirby is master's assistant in the Carter school, Chelsea, Mass.

—'93. Miss Vera Jillson has gone to Westminster, Mass., to teach in the grammar school.

—'93. Mr. R. P. Ireland has been elected principal of the grammar school in Tilton, N. H.

—Miss Horne is not yet able to return, but we are glad to know that she is gaining strength each day.

—'93. Miss Grace E. Nickerson has been spending her two week's vacation in Washington, D. C.

—'93. Miss Packard has taken the school in Bryantville, Mass., formerly taught by Miss Paldelford.

—'93. Miss Annie G. Farrar is teaching in the fifth grade of the grammar school in Rockport, Mass.

—'93. Mr. Richardson has been substituting in Miss Voigt's room, in the Model school, the past two weeks.

—Mr. and Mrs. A. G. Boyden had a reception Monday evening, April 3, at which many of their friends were present and hospitably entertained.

—'90. Miss Etta L. Chapman, formerly of East Dennis, principal of the Fairhaven high school, has been appointed superintendent of schools for that town. She will retain her position at the high school in addition to the superintendency. She entered on the new branch of work April 10th.

—Among the many visitors whom we have been glad to see this month were noticed: Dr. J. T. Prince, Mr. R. C. Metcalf, supervisor of Boston schools, Mr. Seth Sears, Prince school, Boston, Miss H. B. Shaw, Mr. R. S. Atkins, Miss H. I. Boyd, Miss Flora Billings, Miss Fish and Miss Stone, teachers in the Quincy high school, Mr. F. Sears, Miss Janet Paterson, Mr. Wm. Bates, Miss Grace A. Shepard, Miss Anna Welch, Mr. Henry Kirmayer, Miss Jameson, Miss Mary Worcester, Mr. Leavitt, Mr. J. Q. Litchfield, Miss Cobb, Mr. Balch, Mr. H. Leonard, Mr. Moore, Miss Fuller, Miss Eva Hall, Mr. Palmer, Miss Simmons, Miss Marchant, the Misses Leach, Mrs. Schuyler, Miss Schuyler and Miss Erminie French.

WAIFS AND STRAYS.

—One of Amherst's professors uses no chair in the class-room. We suppose he sits on the class.

—The janitor in one of the public schools saw these words on the blackboard, "Find the greatest common divisor." "Hello," said he, "is that plagued thing lost again?"

BE CAREFUL.

Be careful of your manners, they indicate your breeding.
 Be careful of your thoughts for they form your life.
 Be careful of your actions for they reveal your character.
 Be careful of your associations, you are judged by your company.
 Be careful of your health, it is a blessing that can never be too highly valued.
 Be careful of your money, spend it economically.
 Be careful in buying your clothing, buy only that which is becoming in style and fit.
 Be careful that you are not persuaded to purchase your Spring Overcoat and Suit before looking at

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—Harvard has the largest college library in America; Yale second; Cornell third and Columbia fourth.

—Teacher to Brilliant Scholar: "Why don't you agree with that answer?"

B. S.: "Because my answer is different."

—Recapitulation of a long exercise on the use of the comma: "The comma is put in a sentence to show where to take your breath."

—Father: "How is my son doing in school?"

Teacher: "He is a very apt scholar, sir."

Father: "Apt? In what way?"

Teacher: "Apt to fail."

—A man who knew every 'ology
 And ne'er flunked without an apology,
 Saw he hadn't a chance
 And fell in a trance

When he tackled the festive psychology.

—In Psychology: "What is this relation of which we are speaking?"

"I don't know."

"Well, what is the relation of 'I don't know'?"

"The relation of my mind to Psychology."

—Teacher: "Animals that have no feet and crawl along the ground are called reptiles. Who can give me an example of a reptile?"

Small boy: "A worm."

Teacher: "Excellent. Now will some boy think of a second reptile?"

Second small boy: "Another worm."

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—Pupil (concluding demonstration) "This is to that, as that is to this; therefore, by Ax I. This is to that, as that is to that. But this is to that, as that is to this; therefore, this is to that, as that is to this."

Teacher: "Is that so?"—*Ex.*

—In the Geography class. Teacher: "What is a use of frost?"

Ex-Junior II: "Frost is used to open chestnut burs."

Query: Has the young lady been reading E. P. Roe in connection with her lesson?

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